



## Pee Wee Flag Football, ages 4/5 Rules

### Flags

1. Each player will be given flags to wear during the game. They will stay onsite.
2. Flag Guarding and Illegal Flag pulling are NOT allowed. Illegal flag pulling is defined as pulling an opponent's flag before he/she receives the ball, or pulling a non-ball carrier's flag.

### Game Time

3. The game will consist of two (18) minute running clock halves. Each team will play a continuous 9 minute of offense/defense and then switch for the second 9 minutes of the half. There will be a 1 minute break on change of possession.
4. Teams will play 6 on 6 exceptions will be made if teams are short players for a week.

Offense: 1 Running Back, 1 Quarterback, 2 Wide Receivers, 2 lineman

Defense: Must line up head to head with (2) WR+SR/lineman, Center and may have 2 linebackers for qb/rb

### Flag Football Rules

5. Coin flip between coaches prior to game will decide on who starts on offense/defense
6. Play will start at own 5 yard line. There are no kickoffs or punts.
7. The offense may pass or run the ball (with a handoff or pitch). The QB is not allowed to cross the line of scrimmage with the ball.
8. The offensive team has four downs to get to midfield for a first down. Once the team passes midfield, they will receive four more downs to score. If they don't get a first down and there is time still on the clock, the ball will reset to the 5 yard line.
9. Play will stop when the ball touches the ground. All fumbles automatically go back to the offensive team at the spot of the fumble.
10. Once a player's flag is pulled, he/she is down at that spot. If the flag falls off, the player is down at that spot. Coaches should strongly discourage players from blocking or guarding their flags.
11. The defense must line up one (3) yards off the ball; Players may rush immediately following a handoff or pitch.

12. If the offensive team fails to score or get a first down, they will retain possession and will begin from their own 5 yard line.

13. After a touchdown is scored and the extra point is attempted, teams retain possession and play resumes at the 5 yard line.

14. Substitutions can be made on any dead ball. Coaches MUST give every player equal playing time. If a player continues to score, please give another player opportunity to score. Try and have all kids play every position during the game.

15. There is no blocking or tackling under any circumstances. Players will be allowed to shadow block. (This is where a player mirrors another player's movements with their hands across their chest, like playing defense in basketball). Contact is NOT allowed by either team during shadow blocking. The defensive player will make all effort possible to avoid making contact with the shadow blocker.

#### Hiking the Ball

16. The ball must be hiked from the center to the quarterback every play.

17. Hiking the ball

- Traditional style – Center hikes the ball through his or her legs.

#### Extra points

18. An "extra point" conversion after a touchdown will be attempted from the three yard line.

#### Running

19. The quarterback is not allowed to cross the line of scrimmage with the ball. The ball must be passed, pitched or handed off.

20. Once the ball is handed off, ALL defensive players are eligible to rush.

21. The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is, or where the flag lands.

22. Spinning is allowed, however, the player is not allowed to leave their feet (i.e. diving, jumping, etc).

23. The ball carrier may not: Hurdle defensive players, Attach the flag in such a manner that it cannot be easily removed, "Flag Guard", this includes: stiff arming, swinging the hand or arm over the flag belt, carry the ball in a position that protects the flag, lowering the shoulders in such a manner which places the arm over the flag belt, and batting a player's hand away from the flag belt.

## Receiving

24. All players are eligible to receive a pass.

25. A player must have at least one-foot in-bounds when making a reception (college rules).

. Play is ruled dead when:

- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Ball carrier's knee touches the ground.
- Ball carrier's flag falls off.

26. There are no fumbles. The ball is spotted where it hits the ground. Interceptions will have the offensive team return to the 5 yard line.

27. A quarterback tee will be used as center.

28. Equipment will be distributed and picked up at each practice.